

2020-21 North Carolina Jr. Chef Competition



The North Carolina Jr. Chef Competition (NCJCC) seeks student created and tested recipes for school meals. The goal of the NC Jr. Chef Competition is to inspire students to be involved in the development of healthier eating habits, especially when it comes to school meals. The intent of the competition is to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, provide nutrition education, and ultimately increase consumption of healthy school meals.

The NCJCC will recognize students for their ability to work as members of a *team* to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe** that meets the guidelines to submit for the NCJCC recipe contest. For the NCJCC cook-off, finalist teams must **prepare, cook and plate their recipe** and **present their prepared recipe** to judges. **For 2020-21, the NC Jr. Chef Competition will be virtual.**

CAREER CLUSTERS

- Agriculture, Food and Natural Resources
- Hospitality & Tourism
- Human Services

ELIGIBILITY:

1. Teams of 2-4 high school students (grades 9-12) currently enrolled in North Carolina Career and Technical Education Culinary Arts and Hospitality, Food and Nutrition, or Food Science and Technology courses can participate in the NCJCC. Individuals may not be on more than one team.
2. Only one team per school is permitted an entry. The school may choose to hold a preliminary competition judged by School Nutrition professionals and community stakeholders to determine which team advances, but each school may only submit one entry.
3. Each team must have an Adult Team Supervisor which is a Family, Career and Community Leaders of America (FCCLA) Adviser/Family and Consumer Sciences (FCS) Teacher. The Adult Team Supervisor should provide the team with culinary guidance, teach food safety techniques, assist with costing and nutrient analysis, and help meet contest deadlines. Each team is also allowed, but not required, to have a Team Coach. The Team Coach could be a School Nutrition professional, chef, farmer, or FCS Teacher. Teams are strongly encouraged to work with their local School Nutrition Program to ensure that recipes will be replicable for school meals.

DEADLINES:

Date	Activity
December 18, 2020	Teams interested in participating in the NCJCC should submit an online Intent to Compete Form . The Intent to Compete Form does not obligate a team to submit an application for the competition.
February 1, 2021	Teams must submit the online Submission Form , Excel Application , Recipe Photo and a signed NCJCC Permission and Release Form for each student team member. The Excel application includes team information, recipe ingredients and instructions, nutrient analysis and cost analysis.
February 19, 2021	Based on a review of applications and recipes, 8 finalist teams will be selected to compete in the virtual cook-off phase of the competition. Teams will be notified regarding finalist selections.
March 19, 2021	Finalist teams will submit their final application with recipe, recipe photo, time management plan and an unedited recipe preparation video.
April 8 or 14, 2021	Teams will be scheduled for a brief virtual live interview with a panel of judges.
April 16, 2021	A virtual ceremony will be held recognizing all finalist teams and announcing the results.
April 19, 2021	Competition results will be officially announced via press release and social media.

RECIPE CONTEST:

1. Student teams will develop a lunch entrée recipe (yield of 6 servings) that meets the USDA School Nutrition Program requirements and includes at least 2 North Carolina grown ingredients and 1 USDA Food item. Recipes must be replicable by School Nutrition professionals for school meals. Students must calculate a cost per serving and nutrient analysis for their recipe. The recipes developed must be able to be prepared, plated and presented by teams within the 90-minute time limit. Teams will submit the online Submission Form, Excel Application, Recipe Photo and completed and signed NCJCC Permission and Release Forms. The Excel application includes team information, recipe ingredients, instructions, nutrient analysis and cost analysis.
2. A recipe review panel will review and score submissions based on established criteria. The NCJCC recipe review panel will check recipes for use of 2 local ingredients and 1 USDA Food item along with adherence to National School Lunch Program requirements, USDA Smart Snacks nutrition criteria and NCJCC guidelines. The NCJCC reserves the right, upon review, to reject recipes or ask for adjustment. Once the final recipe is approved, no changes can be made for the NCJCC cook-off.
3. For 2020-21, teams are required to view brief videos/presentations on the following:
 - 2020-21 NCJCC guidelines,
 - School Nutrition,
 - Farm to school,
 - North Carolina agricultural products and USDA commodities, and
 - Food safety.
4. Points will be awarded based on completion of the required action steps, timely submission of the application and the quality of the recipe and application submitted. Eight finalist teams will be selected.

COOK-OFF:

Evaluators will evaluate the application materials and recipes of all entries and select 8 finalist teams to advance to the cook-off. The following section is only for the finalist teams advancing to the cook-off.

1. Finalist teams will compete in a virtual cook-off preparing, plating and presenting their recipe for a panel of judges.
2. For the virtual cook-off this year, finalist teams will submit a video of their team preparing and plating their recipe. The recording should be done in one take (no editing, starting over, etc.) and should show the work surfaces in its entirety and the student(s) at all times. The video can show the team working together when allowable or show individual team members creating parts of the dish when being together in the same location is not possible, due to COVID-19 guidelines. The video must be unedited footage of recipe preparation. If team members must create parts of the dish in separate locations, the footage may be combined for one video submission. Note: Scoring is based on recipe development and culinary and food safety skills, not skills with video production.
3. Finalist teams will have **90 minutes to prepare, cook, and plate their recipe** (yield of 6 servings). No food preparation may be done in advance.
4. Each team must have a Family and Consumer Sciences Teacher/Adult Team Supervisor who is present for the duration of preparing and plating the recipe. Only students may prepare and plate the recipe. Any adult involvement in food preparation during the competition will result in disqualification.
5. In preparing and plating their recipes, finalist teams must wear appropriate, clean attire and demonstrate organization, culinary and food safety skills and industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards.
6. For evaluation, judges will review submission forms, including the application, recipe, recipe photo, nutrient analysis, cost analysis, and time management plan in addition to the team videos.
7. Teams will be scheduled for a virtual live interview with the panel of judges. During the interview, teams will give the judging panel a brief presentation of their dish that includes an introduction of team members, a description of the dish, an explanation of the dish creation including local ingredients and USDA Foods used and how it is replicable for school meals. **Teams will have 5 minutes for their presentation.** Judges will have time to ask questions of the team and provide feedback to teams on their recipes. Live interview sessions will be scheduled in 20-minute blocks on April 8 or 14.
8. Evaluators will use the rubric to score and write comments for each participant throughout the video by observing

their food safety and work habits, culinary techniques, product presentation, professional appearance, taste, and creativity. Evaluation from team interviews will also be noted on the rubric. After viewing videos and conducting interviews for teams, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement and decide on overall team scoring and placement.

9. A virtual live recognition of the finalist teams will be held April 16. Results will be announced during the live recognition. Teams will be notified regarding how to participate. Teams will also receive an official congratulations email regarding the results. Additionally, the results of the NCJCC will be announced via a press release and social media posts on April 19. Please refrain from sharing the results widely until these official notifications have gone out.

GENERAL INFORMATION:

1. In working together as a team on recipes, applications and interviews/presentations, students and staff should adhere to health and safety guidelines. Consult with your local school district and health department for guidance.
2. Students must be enrolled in a North Carolina school that participates in the National School Lunch Program. Participants must be enrolled in a culinary arts/food service training program, which includes one or more of the following Family and Consumer Sciences courses: Culinary Arts and Hospitality, Food and Nutrition, or Food Science and Technology.
3. Student teams will develop a recipe for an entrée that can be served as part of a complete reimbursable school meal. Only one recipe can be submitted per team. Entrée recipes should be an original creation by the students. Team advisors can provide guidance. Recipes should be replicable by School Nutrition professionals and meet the nutrition and cost requirements for school meals. Input and approval should be received from the School Nutrition Program prior to recipe submission.
4. Recipes should comply with USDA School Nutrition Program requirements. Teams should aim to meet the USDA Smart Snacks in Schools nutrition criteria for an entrée. Do not create recipes that use deep fat fryers. **Dishes must not contain nuts or nut products.** See below for additional information. The NCJCC Application includes a worksheet for nutrient analysis and calculation of cost per serving. In addition, the USDA [Food Composition Database](#), [Food Buying Guide](#), and/or Recipe Analysis Workbook may be helpful in conducting nutrient analysis.
5. Recipes must include at least 2 North Carolina grown products and 1 USDA Food. The items must be identified in the recipe. See below for a list of some North Carolina grown products. [Use this list to determine eligible USDA Foods.](#) USDA Foods and local items used as garnish do not count towards recipe requirements.
6. The materials, equipment and ingredients needed for developing and preparing the recipe are the responsibility of the team/program/school and will not be reimbursed by NCJCC. Ingredients will **not** be provided during the NCJCC.
7. Teams will receive scores on recipe development, uniform and appearance, safety and sanitation, food production, and presentation.
8. Teams are expected to follow appropriate food safety procedures. For information related to safe minimum cooking temperatures and preventing cross-contamination, visit www.foodsafety.gov. Raw milk, eggs, meat, poultry or seafood may **not** be served for consumption.
9. All student members of the finalist teams will receive certificates, medals based on the team score, and NCJCC chef's hats, coats and aprons. The 1st, 2nd and 3rd place teams will receive plaques to display in their school. The 1st place team wins the honor of hosting the NCJCC trophy until the next cook-off.
10. For the North Carolina Jr. Chef Competition, Sullivan University is offering the following scholarships: 1st place \$16,000 for each student team member, 2nd place \$10,000 for each student team member, and 3rd place \$6,000 for each student team member.
11. The **NCJCC does not advance to the FCCLA National Leadership Conference**, but it does advance to the Southeast Jr. Chef Competition if held. For the Southeast Jr. Chef Competition winners, Sullivan University offers the following scholarships: 1st place full tuition and fees for each student team member (value of \$45,000 - \$55,000 each), 2nd place tuition for each student team member (value of \$47,000 each), and 3rd place \$20,000 scholarship for each student team member. Due to COVID-19, it is uncertain at this time if, when or how a Southeast Jr. Chef Competition will take place this school year. Teams will be notified as more information is available.
12. If you have questions regarding the NCJCC, email tracey.bates@dpi.nc.gov or robert.vandyke@dpi.nc.gov.

NATIONAL SCHOOL NUTRITION PROGRAM GUIDELINES

The National School Lunch Program (NSLP) is a federally-assisted meal program operating in schools throughout the nation. The NSLP meal pattern and nutritional standards, based on the Dietary Guidelines for Americans, must be met in order for schools to receive federal reimbursement. Use the following guidelines to assist in developing a recipe that meets the requirements for school meals.

Considerations:

- Schools must meet Daily and Weekly component requirements. A component is one of five food groups. The components of a school meal are Grains, Fruit, Vegetable, Meat/Meat Alternate (protein and dairy products) and Milk.
- Recipes must document the amount of each component in the dish.
- For an ingredient to be creditable as a component, it must be visible in the final product or be a recipe that is widely known to contain that component.
- All food offered counts toward the nutrient requirements, including condiments.
- Federal reimbursement received is used to cover all School Nutrition Program expenses. School Nutrition Programs are advised to allocate resources as follows: food 40%, labor 40%, and equipment/other direct and indirect costs 20%.

Nutrition Standards*

Nutrient	Entree
Calories	350 calories or less
Sodium	480 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0
Sugar	35% by weight or less

A school lunch entrée* is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate; and a
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, seeds, and seed butters.

**Smart Snacks in Schools Nutrition Standards*

Food Component Requirements

Meat/Meat Alternate (M/MA)	<ul style="list-style-type: none">• Credited in oz eq.• Beef, poultry, pork, beans, seeds, cheese, yogurt and tofu are all creditable. Nuts and nut products are creditable for school meals but are not allowed in the NCJCC.• Use the USDA Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz eq.
Grain	<ul style="list-style-type: none">• Credited in oz eq.• All grains must be whole grain rich (i.e. $\geq 50\%$ of the grains in the product are whole grains)• Purchased breads, buns, bagels and biscuits credit 1 oz by weight = 1 oz eq.• Purchased pastas, rice and oats credit as 1oz dry or $\frac{1}{2}$ cup cooked = 1 oz eq.• Flour in from scratch recipes credits 16 g per serving = 1 oz eq.• Cereal grains in from scratch recipes credit 28 g = 1 oz eq.
Fruit	<ul style="list-style-type: none">• Credited in cups• Dried fruit credits as double the volume• Minimum creditable amount is $\frac{1}{8}$ cup• Use the USDA Food Buying Guide to convert as purchased into edible portion.
Vegetable	<ul style="list-style-type: none">• Credited in cups• Weekly vegetable subgroup requirements• Minimum creditable amount is $\frac{1}{8}$ cup• Raw leafy greens credit as half the volume• Use the USDA Food Buying Guide to convert as purchased into edible portion.

SCHOOL PROGRAMS MEAL, SNACK AND MILK PAYMENTS TO STATES AND SCHOOL FOOD AUTHORITIES Expressed in Dollars or Fractions Thereof Effective from: July 1, 2020 -June 30, 2021							
NATIONAL SCHOOL LUNCH PROGRAM ¹		LESS THAN 60%	LESS THAN 60% + 7 cents ²	60% OR MORE	60% OR MORE + 7 cents ²	MAXIMUM RATE	MAXIMUM RATE + 7 cents ²
CONTIGUOUS STATES	PAID REDUCED PRICE FREE	0.33 3.11 3.51	0.40 3.18 3.58	0.35 3.13 3.53	0.42 3.20 3.60	0.41 3.28 3.68	0.48 3.35 3.75

North Carolina Grown Products - For info on these or other North Carolina grown products, visit www.gottobenc.com.

Grains Millet Rye Sorghum Wheat	Vegetables Beans, Butter Beans, Green Broccoli Corn Cucumbers Eggplant Leafy greens (cabbage, collards, kale, turnip, mustard) Lettuce Okra Peas, Field Peppers Potatoes, White Pumpkins Squash Sweetpotatoes Tomatoes	Protein Foods Beef Bison Chicken Eggs Goat Lamb Pork Seafood Soybeans Turkey
Fruit Apples Asian Pears Blueberries Blackberries Cantaloupe		
Grapes Peaches Raspberries Strawberries Watermelon		Dairy Cheese Milk Yogurt

Additional Resources

- USDA National School Lunch Program, <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
- USDA Food Buying Guide, <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs, www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf
- North Carolina Department of Instruction, School Nutrition Services, <http://childnutrition.ncpublicschools.gov>
- North Carolina Department of Public Instruction, Career and Technical Education, www.ncpublicschools.org/cte
- North Carolina Department of Agriculture & Consumer Services, www.ncagr.gov
- North Carolina Farm to School Program, www.ncfarmtoschool.com
- Farm to School Coalition of NC, www.farmtoschoolcoalitionnc.org

North Carolina Jr. Chef Competition

Specifications

Recipe Development

Participants will create an original recipe meeting the following standards:

Creativity and Ingredients	Recipe should be creative, meet at least the minimum number of local (to North Carolina) ingredients and USDA Foods, and showcase those ingredients in an appealing way
School Nutrition Program Appropriate	Recipe should be able to be replicated in a School Nutrition Program, demonstrating understanding of time constraints, affordability, and compliance with the National School Lunch Program standards
Development Process	Teams should test their recipe on a group of peers and solicit feedback. During the brief presentation, they should articulate the process they used and how the recipe was changed.

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish.
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Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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Food Production

Participants will have 90 minutes to prepare food products and garnish. Participants should be proficient in the preparation of their developed recipe. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Shared Workload and Time Efficiency	Complete all tasks efficiently within the time allowed. Members evenly share the workload; equally contribute to the completion of the tasks and display technical and leadership skills. Timeline is accurate.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work as an effective, contributing team and display organizational skills. Mise en place is well executed.

Food Presentation

Each *team* will prepare two identical plates that have been attractively garnished. The *team* will present all plates for evaluation of appearance, taste, and temperature at the end of the 90-minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 90-minute time limit.

Plating and Presentation	Prepare two plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.
Brief Oral Presentation	Prepare a brief oral presentation for the evaluators that articulates the recipe development process and knowledge of nutrition, school meals and farm to school. Should not exceed 5 minutes.

North Carolina Junior Chef Competition Cook-off - Point Summary Form

Name of Team _____

DIRECTIONS:

1. Make sure all information at top is correct. If a student named is not participating, cross their name(s) off. If a team does not show, please write "No Show" across the top and return with other forms. Do **NOT** change team or station numbers.
2. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the presentation together.
3. At the end of competition, double check all scores, names, and team numbers to ensure accuracy. Sort results by team order and turn in to the Lead or Assistant Lead Consultant.
4. Please check with FCS Education State Staff if there are any questions regarding the evaluation process.

ROOM CONSULTANT CHECK			Points
Submission 0 to 5 points	0 No materials were submitted.	1-5 Teams submitted the following on time: __ Submission form __ Application with recipe, nutrient and cost analysis __ Signatures (Principal, SN administrator) __ Recipe Photo __ Permission and release forms	
Ingredient Requirement 0 to 2 points	0 Does not include minimum ingredient requirement in guidelines.	1-2 Includes minimum ingredient requirement: __ 2 North Carolina ingredients __ 1 USDA Food item	
Uniform and Appearance 0 to 2 points	0 Unprofessional uniform/attire by all team members	1 Unprofessional appearance or attire as marked below: __ hair/beard restraints missing __ kitchen shoes not worn __ Jewelry uncovered __ personal grooming does not meet guidelines	2 Professional attire worn by all team members: __ hair/beard restraints __ kitchen shoes __ no visible jewelry __ personal grooming meets guidelines
Time Management Plan 0-1 point	0 Not included or incomplete	1 Time management plan included and complete for all team members and products	
Presentation/Videos 0 to 5 points	0 Teams viewed none of the videos/presentations	1-5 Teams viewed the following videos: __ NCJCC guidelines __ School Nutrition __ Farm to school __ NC agricultural products/commodities __ Food safety	

EVALUATORS' SCORES

Evaluator 1 _____
 Evaluator 2 _____
 Evaluator 3 _____
 Total Score _____

Initials _____
 Initials _____
 Initials _____

divided by number of evaluators

= **AVERAGE EVALUATOR SCORE**

Rounded only to the nearest hundredth (i.e. 79.99 not 80.00)

ROOM CONSULTANT TOTAL

(15 points possible)

AVERAGE EVALUATOR SCORE

(85 points possible)

FINAL SCORE

(Average Evaluator Score plus Room Consultant Total)

RATING ACHIEVED (circle one) **Gold:** 90-100 **Silver:** 70-89.99 **Bronze:** 1-69.99

VERIFICATION OF FINAL SCORE AND RATING (please initial)

Evaluator 1 _____ Evaluator 2 _____ Evaluator 3 _____ Adult Room Consultant _____

North Carolina Junior Chef Competition Cook-off

Rubric

Name of Team _____

RECIPE					Points
Creativity & Innovation 0-10 points	0 Recipe shows no innovation or creativity in its inception	1-2-3-4 Recipe shows little innovation and does not come together well	5-6-7-8 Recipe shows some innovative use of ingredients and comes together well	9-10 Recipe is highly creative and the use of ingredients is innovative. The dish overall demonstrates high creativity in its inception and showcases local ingredients	
Time & Affordability in SNP 0-10 points	0 Recipe would not work in a School Nutrition Program	1-2-3-4 Recipe may work in a School Nutrition Program with some adjustments	5-6-7-8 Recipe would likely work in a School Nutrition Program	9-10 Recipe would most definitely work in a School Nutrition Program	
Nutrition Compliance to NSLP 0-10 points	0 Recipe is not healthy and does not comply with the NSLP standards	1-2-3-4 Recipe meets few of the NSLP guidelines.	5-6-7-8 Recipe meets most of the NSLP guidelines.	9-10 Recipe is highly nutritious and meets all NSLP guidelines.	
SAFETY AND SANITATION					Points
Safety 0-5 points	0 Station is disorganized, safety is disregarded	1-2 Station is lacking neatness and organization, questionable knife and small equipment safety	3-4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly	
Sanitation 0-10 points	0 Disregards safety and created unsafe and unsanitary conditions	1-2-3-4 Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	5-6-7-8 Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	9-10 Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
FOOD PRODUCTION					
Equipment, Tools & Techniques 0 – 5 points	0 Selection and usage of tools/equipment lacks understanding and demonstration of skills	1-2 Selection and usage of tools/equipment demonstrate some industry techniques	3-4 Selection and usage of tools/equipment demonstrates most industry techniques	5 Selects and uses all tools/equipment correctly and safely following industry techniques	
Workload Shared and Time Efficiency 0-5 points	0 All members are unskilled in individual tasks, workload is very unevenly distributed and team members are challenged to complete tasks. Timeline is not used	1-2 Some members are skilled in individual tasks while others seem challenged, workload is unevenly distributed and team members contribute unequally. Timeline is poorly developed	3-4 All members are adequately skilled in individual tasks, work load is evenly distributed, and most team members contribute equally. Timeline is mostly accurate	5 All members are highly skilled in individual tasks, workload is evenly distributed, and all team members contribute equally. Timeline is accurate	
Mise en Place 0-5 points	0 Mise en place is poorly executed and team displays unacceptable organizational skills	1-2 Mise en place is fairly organized and team displays marginal organizational skills	3-4 Mise en place is organized and team displays sufficient organizational skills	5 Mise en place is well executed and team displays excellent organizational skills	

NCJCC Rubric (continued next page)

FINAL PRODUCT					
Plating and Presentation 0-5 points	0 Items are visually unappealing. Use of non-functional garnish	1-2 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	3-4 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	5 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Cooking Methods & Technique 0-5 points	0 Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	1-2 Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	3-4 Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	5 Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	
BRIEF PRESENTATION					
Organization & Delivery 0-5	0 Presentation is not done or was not planned and does not cover components of the project	1-2 Presentation covers some topic elements	3-4 Presentation gives complete information but does not explain the project well	5 Presentation covers all relevant information with seamless and logical delivery	
Knowledge of Nutrition, School Meals, and Farm to School 0-5 points	0 Little or no evidence of knowledge	1-2 Minimal evidence of knowledge	3-4 Some evidence of knowledge	5 Knowledge of subject matter is evident	
Delivery- Voice, Body Language, Grammar, Pronunciation 0-5 points	0 Voice qualities not used effectively; avoids eye contact; uses inappropriate body language; extensive grammatical and pronunciation errors	1-2 Voice quality is adequate; inconsistent body language; some grammatical and pronunciation errors	3-4 Voice quality is good, but could improve; appropriate body language; good eye contact; few grammatical and pronunciation errors	5 Voice quality is pleasing; body language enhances presentation; no grammatical or pronunciation errors	

Evaluator's Comments:

TOTAL
(85 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____

North Carolina Jr. Chef Competition

Recipe Example

The following recipe is provided as an example format for teams to follow. The recipe is the Grand Prize Winner from the USDA, Food and Nutrition Service *Recipes for Healthy Kids* Competition.

School	South Education Center Alternative School, Richfield, Minnesota
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Menu Item	Porcupine Sliders		
Number of Portions	6	Portion Size	1 slider
Cooking Method(s)	Boil, Simmer, Bake		

Ingredients	
Item	Amount
Brown rice, long-grain, regular, dry	1/8 cup
Canola oil	1 tsp
Fresh onion, peeled, diced	1 ½ Tbsp
Fresh celery, diced	¼ cup
Fresh garlic, minced	1 ½ tsp
Raw ground turkey, lean	1 lb
Egg, beaten	1
Dried cranberries, chopped	5 Tbsp
Fresh baby spinach, chopped	¾ cup
Worcestershire sauce	1 tsp
Salt	½ tsp
Ground black pepper	½ tsp
Ground white pepper	1/8 tsp
Mini whole wheat rolls	6 (1 ounce each)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Procedure
<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. 3. Heat canola oil in a small skillet. Add onions, celery and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled. 4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice and sautéed vegetables. Mix well. Shape into 6 patties. 5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet. 6. Bake uncovered for 20-25 minutes at 350°F to an internal temperature of 165°F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. 7. Remove from oven and serve on a mini whole wheat roll. Serve immediately.
Nutrients per Serving: Calories 247, Protein 16 g, Carbohydrate 26 g, Total Fat 9 g, Saturated Fat 2 g, Sodium 366 mg 1 slider provides 2 oz equivalent Meat/Meat Alternate and 1 oz equivalent Grain
Source: <i>Recipes for Healthy Kids Cookbook for Homes, USDA Team Nutrition</i>

North Carolina Jr. Chef Competition

Recipe Cost Example

The following recipe is provided as an example format for teams to follow. The recipe is the Grand Prize Winner from the USDA, Food and Nutrition Service *Recipes for Healthy Kids* Competition.

School	South Education Center Alternative School, Richfield, Minnesota		
Menu Item	Porcupine Sliders		
Number of Portions	6	Portion Size	1 slider

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Brown rice, long grain	32 oz	1.99	\$0.362 / cup	1/8 cup	\$0.045
Canola oil	48 oz / 6 c	\$3.29	\$0.548 / cup	1 tsp	\$0.011
Onion, diced	3 lb / 12 cup	\$1.29	\$0.107 / cup	1 ½ Tbsp	\$0.010
Celery, diced	1 lb	\$2.49	\$0.809 / cup	¼ cup	\$0.202
Garlic, minced	1 head / 12 cloves	\$0.50	\$0.042 / .5 tsp (.5 tsp / 1 clove)	1 ½ tsp	\$0.125
Raw ground turkey, lean	1 lb	\$5.12	\$5.12 / lb	1 lb	\$5.12
Egg, beaten	1 dozen	\$1.59	\$0.132 / ea	1	\$0.132
Dried cranberries, chopped	6 oz	\$2.29	\$0.382 / oz (10 g / Tbsp)	5 Tbsp	\$0.682
Fresh baby spinach, chopped	8 oz	\$2.29	\$.286 / oz or cup	¾ cup	\$0.215
Worcestershire sauce	10 fl oz	\$0.99	\$0.099 / fl oz (0.169 fl oz/ tsp)	1 tsp	\$0.017
Salt	26 oz	\$0.39	\$0.015 / oz (6 g / tsp) \$0.003 / tsp	½ tsp	\$0.001
Ground black pepper	4 oz	\$2.79	\$0.697 / oz (2.8 g / tsp) \$0.0697 / tsp	½ tsp	\$0.035
Ground white pepper	1 oz	\$3.99	\$3.99 / oz (2.8 g / tsp) \$0.399 / tsp	1/8 tsp	\$0.050
Mini whole wheat rolls	12 rolls/1 doz	\$3.29	\$0.274 / ea	6	\$1.645

Total Recipe Cost	\$8.290
Portion Cost	\$1.382

North Carolina Jr. Chef Competition

Time Management Plan

Name of Member _____

Name of Member _____

Name of Member _____

Name of Member _____

[illegible]

Time Management Plan (continued)

[illegible]

CONDITIONS OF PARTICIPATION/RELEASES:

1. By submitting an entry, your team and advisor(s) agree to the contest conditions. All material submitted as part of entries will become the property of the Jr. Chef Competition and will not be returned. Jr. Chef Competition Sponsors reserve the right to publish and share the material without compensation to the students. Photos and video will be taken during the Jr. Chef Competition cook-off. Team members and advisors must understand that their name, school name, recipe, other Materials submitted as part of the competition entry, and photos, videos and/or quotes from the cook-off may be posted online and shared through outreach in connection with the Jr. Chef Competition.
2. The Jr. Chef Competition is void where prohibited or restricted by law. All federal, state and local laws and regulations apply. Organizers/Sponsors reserve the right to change these Jr. Chef Competition rules at any time. Notice shall be given to team members at the e-mail address shown on the entry form. By participating, teams agree to be bound by these official guidelines and the decisions of the Jr. Chef Competition Organizers/Sponsors, which shall be final in all respects. All team members must submit a completed and signed parental permission and release form to participate. By participating in this Jr. Chef Competition and/or by accepting any prize that they may win, team members/teams agree to release the Jr. Chef Competition Organizers/Sponsors; their parent, subsidiary and affiliated companies, units and divisions and advertising and promotional agencies and prize suppliers; each of their respective officers, directors, agents, representatives and employees; and each of these companies and individuals' respective successors, representatives and assigns (collectively, the "Released Parties") from any and all actions, claims, injury, loss or damage arising in any manner, directly or indirectly, from participation in this Jr. Chef Competition and/or acceptance or use of the prize. Entrants authorize the Released Parties to use their name, voice, likeness, biographical data, city and state of residence and entry materials in programming or promotional material, worldwide in perpetuity, or on a winner's list, if applicable, without further compensation unless prohibited by law. The Released Parties shall not be liable for: (i) late, lost, delayed, stolen, misdirected, postage-due, incomplete, unreadable, inaccurate, garbled or unintelligible entries, communications or affidavits, regardless of the method of transmission; (ii) telephone system, telephone or computer hardware, software or other technical or computer malfunctions, lost connections, disconnections, delays or transmission errors; (iii) data corruption, theft, destruction, unauthorized access to or alteration of entry or other materials; (iv) any injuries, losses or damages of any kind caused by the prize or resulting from acceptance, possession or use of a prize, or from participation in the Jr. Chef Competition; or (v) any printing, typographical, administrative or technological errors in any materials associated with the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors disclaim any liability for damage to any computer system resulting from participating in, or accessing or downloading information in connection with this Jr. Chef Competition, and reserve the right, in their sole discretion, to cancel, modify or suspend the Jr. Chef Competition should a virus, bug, computer problem, unauthorized intervention or other causes beyond Sponsors' control, corrupt the administration, security or proper play of the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors may prohibit you and your team from participating in the Jr. Chef Competition or winning a prize if, in their sole discretion, they determine you or your team are attempting to undermine the legitimate operation of the Jr. Chef Competition by cheating, hacking, deception, or any other unfair playing practices of intending to annoy, abuse, threaten or harass any other players or Jr. Chef Competition Organizer/Sponsor representatives.
3. This institution is an equal opportunity provider. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.